I CLAIM:

1. An exercise system comprising a plurality of exercise terminals, wherein a workout of an exerciser includes at least two exercises performed at one or more of said exercise terminals, each exercise terminal including a communication device for communicating to the exerciser information regarding an exercise of the workout subsequent to a current exercise in the workout.

2. The exercise system according to claim 1, wherein said communication device comprises at least one of a display and a speaker.

3. The exercise system according to claim 1, wherein the information comprises textual information.

4. The exercise system according to claim 1, wherein the information comprises location information of another exercise terminal to be used for the exercise of the workout subsequent to the current exercise.

5. The exercise system according to claim 1, wherein the information comprises graphical information.

6. The exercise system according to claim 1, further comprising:

a system control computer connected to said plurality of exercise terminals.